



Product Spotlight: Black Beans

Black beans can be cooked several ways without losing much of their nutritional value, even when exposed to high temperatures.



Loaded Patatas Bravas with Creamy Ranch Dressing

Paprika roasted potatoes, topped with black bean salad and a beautiful light and creamy vegan ranch dressing from GH Produce.



35 minutes



2 servings



Plant-Based

Keep it separate!

Instead of tossing the salad together, serve it bowl style. Use the kale as a base and add each ingredient to taste. Finish with the dressing and a squeeze of lime.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	31g	91g

FROM YOUR BOX

SWEET POTATOES	400g
SHALLOT	1
LIME	1
KALE	1 bunch
CORN COB	1
TOMATO	1
AVOCADO	1
TINNED BLACK BEANS	400g
RANCH DRESSING	1 jar

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, maple syrup

KEY UTENSILS

oven tray

NOTES

Store any spare kale leaves in-between paper towel in the fridge to remove excess moisture.

If you would like the salad to be warmer, add the beans and corn kernels to a frypan with oil. Toss for 3-5 minutes until heated through.



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1. ROAST THE POTATOES

Set oven to 220°C.

Dice **sweet potatoes** and slice **shallot**. Toss together on a lined oven tray with **2 tsp smoked paprika, 1 tsp oregano, oil, salt and pepper**. Roast for 20-25 minutes until golden and crispy.



4. FINISH THE SALAD

Remove **corn kernels** from **cob**, dice **tomato** and **avocado**. Drain and rinse **beans** (see notes). Add to bowl with scrunched **kale** and mix well. Season to taste with **salt and pepper**.



2. MAKE THE DRESSING

Zest and juice **1/2 lime** (wedge remaining). Whisk together with **2 tbsp olive oil, 1 tsp maple syrup, 1/2 tsp oregano, salt and pepper**.



5. FINISH AND SERVE

Serve **roasted potatoes** into bowls, top with **salad** and a dollop of **ranch dressing**. Serve with **lemon wedges**.



3. MASSAGE THE KALE

Wash and thinly slice **3-4 kale leaves** (see notes). Place into a large bowl with the **dressing**. Use your hands to scrunch the **leaves** until soft and tender.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

